

Our natural species appropriate diet. One “diet” to rule them all?

By Joachim Bartoll | Oct. 20th, 2019

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When discussing nutrition and various diets, I often get the comment, “there is no diet that fits everyone”, and, “each individual needs to find what works for them”.

If that’s your stance on nutrition, then answer the following questions, and please take your time.

Our genes and gene expressions, our organ systems, our digestive system, our stomach acid pH (just as low as common scavengers), our metabolic and methylation pathways and how little we as a species have developed in these areas during the last 350 000 years is very well documented. Do you think all of this changed significantly in the last couple of hundred years due to modern agriculture?

By studying (anthropology) what we as a species have consumed during these 350 000 years (using isotopes of nitrogen (N₁₄/N₁₅ testing)) and reviewing all literature, it’s fully clear that humans are obligate hyper carnivores. Our entire heritage is based on animal-based nutrition – with the ability to survive for short periods of time on plant-based foods (depending on nutritional stores). All the research, all the testing and all the science tells us that whenever there were plenty of animals around, that was all that we consumed – so we could thrive, develop and multiply. When animals were scarce, we compensated with plant-based foods just to get enough energy and survive. Do you think that our genes and physiology suddenly changed in a couple of years to turn all this on its head?

The answer to those two questions are; of course not.

And if we look to biology and biochemistry, we know that animal-based nutrition is the only way to get fully bioavailable nutrition, including more than 20 nutrients that are not even present in plant-based foods. In other words, the perfect species appropriate diet for humans are animal-based/carnivore. It doesn't matter what you think or believe, this is simply science and facts are facts. Animal nutrition is what we are coded for, it's in our DNA. And once we get back to consuming what we are made for, our bodies can heal and our gut flora will adjust within a few weeks. If you thought you did fine before, you will be surprised by how much better you feel and perform when following your species appropriate diet.

You can add in plant-based foods if you like (for taste and/or texture), but it will severely decrease the quality of the meal. Doing 70 % carnivore will still be better than almost any other popular diet, and even a 50/50 animal to plant-based diet will be better than any modern "balanced" diet with Frankenstein foods and vegetable (seed) oils – but it will still be a far cry from 95 to 100 % carnivore.

So, for health, well-being and longevity, there actually is one best diet to rule them all, and that is our natural species appropriate diet – animal-based nutrition.

Humans Are Designed To Eat Meat

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Human



Ridged molars

Strong stomach acid

Short colon

Putrefactive bacterial flora

Wolf



Ridged molars

Strong stomach acid

Short colon

Putrefactive bacterial flora

Sheep



Flat molars

Weak stomach acid

Long colon

Fermentative bacterial flora

Functional And Structural Comparison of Man's Digestive Tract With That Of a Wolf And a Sheep

	MAN	WOLF	SHEEP
TEETH			
incisors	both jaws	both jaws	lower jaw only
molars	ridged	ridged	flat
canines	small	large	absent
JAW			

movements	vertical	vertical	rotary
function	tearing- crushing	tearing- crushing	grinding
mastication	unimportant	unimportant	vital function
rumination	never	never	vital function

STOMACH

capacity	4 pints	4 pints	8 1/2 gallons
emptying time	3 hours	3 hours	never empties
inter digestive rest	yes	yes	no
bacteria present	no	no	yes – vital
protozoa present	no	no	yes – vital
gastric acidity	strong	strong	weak
cellulose digestion	none	none	70% – vital
digestive activity	weak	weak	vital function

COLON AND CAECUM

size of colon	Short – small	Short – small	Long – capacious
size of caecum	tiny	tiny	Long – capacious
function of caecum	none	none	vital function
appendix	vestigial	absent	cecum
rectum	small	small	capacious
digestive activity	none	none	vital function
cellulose digestion	none	none	30% – vital
bacterial flora	putrefactive	putrefactive	fermentative
food absorbed from	none	none	vital function
volume of feces	small – firm	small – firm	voluminous
gross food in feces	rare	rare	large amount

GALLBLADDER

size	well-developed	well-developed	often absent
function	strong	strong	weak or absent

DIGESTIVE ACTIVITY

from pancreas	solely	solely	partial
from bacteria	none	none	partial
from protozoa	none	none	partial
digestive efficiency	100%	100%	50% or less

FEEDING HABITS

frequency	intermittent	intermittent	continuous
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SURVIVAL WITHOUT

stomach colon and cecum	possible / possible	possible / possible	impossible / impossible
microorganisms	possible	possible	impossible
animal protein	impossible	impossible	possible

RATIO OF BODY

LENGTH TO

entire digestive tract small intestine	1:5 1:4	1:7 1:6	1:27 1:25
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